



Tune out and get toned

Hey tech addicts: Turn off the phone and take up Pilates PAGE 10

MAKING IT WORK IN THE OFFICE

WORKPLACE ROMANCES CAN
BE A TRICKY ENDEAVOUR PAGE 14



OTTAWA

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Tuesday, July 17, 2012



News
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Hélène home at last

Barrhaven. City's most famous transplant recipient wants to see friends, cook her family a meal, eat Reese's Peanut Butter Cups and keep advocating for others who need transplants



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Hélène Campbell tried to keep her trip home to Barrhaven under wraps, but word quickly got out on Monday that she was already on the road.

The 21-year-old double-lung-transplant recipient got word from her doctors on Friday evening that she could come home. She had spent six months in Toronto, before and after her surgery.

At her family's home, Campbell was surprised by friends and a celebratory backyard barbecue.

"The rumors are true, we are homeward bound. Hasta La Vista Toronto, te quiero mucho, pero hola Ottawa! #LYLT#BeAnOrganDonor," Campbell tweeted, en route.

"Today is the day," Campbell told Metro from the road. "I'm

very, very excited. It's going to be nice to be home with friends and family and the city of Ottawa, who have been so supportive of this cause."

Her organ-donation awareness campaign went international earlier this year after Justin Bieber and Ellen DeGeneres threw their support behind it. She has been undergoing physiotherapy and kept in close contact with her medical team in Toronto following her surgery on April 6.

As much as she was looking forward to finally coming home, she said it's hard to leave behind the friends who are waiting for organ transplants.

"I've built a relationship with people on the wait-list and you want them to get it," said Campbell. "It's kind of a mixed feeling leaving those people behind."

"It gives you more of a reason to keep advocating for this cause."

On Tuesday, she will be joined by her family at a press conference at the Government Conference Centre. Health Minister Leona Aglukkaq, MP for Nepean-Carleton Pierre Poilievre and Hot 89.9 co-host Mauler are also scheduled to be at the press conference.

When asked if she will show off her signature "organ donation dance" on Tuesday, she replied, "Absolutely."



Hélène Campbell, second from left, is flanked by her friend Kelly Logan, far left, sister Mary and brother David during a barbecue at the family's Barrhaven home on Monday. JOE LOFARO/METRO



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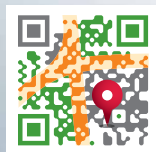
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Open-fire ban reiterated, as some ignore message

Warnings. Don't light up but go ahead and water your lawn, officials say

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The city of Ottawa is asking residents to be extra prudent when it comes to abiding by the burn ban as the July dry-spell stretches on.

"We are seeing a number of fires that we normally wouldn't see at this time of year," said Marc Messier, public information officer for Ottawa Fire Services.

"We've had at least 18 calls over the weekend related to burning complaints and they were all backyard fires."

The ban was put into effect July 1 due to dry conditions that have increased the risk of brush and grass fires.

"Anyone caught violating either the bylaw or the ban will be fined," said Gloucester-South Nepean Coun. Steve Desroches.

"There will be zero tolerance."

Despite the brief showers that sprinkled downtown Ot-

On call

18

Ottawa Fire Services received at least 18 calls related to burning complaints over the weekend, according to public information officer Marc Messier.

tawa on Sunday, both Desroches and Messier insist that the amount of precipitation needed to end the high risk of fire has not been met.

"We need several more days of rain," said Desroches.

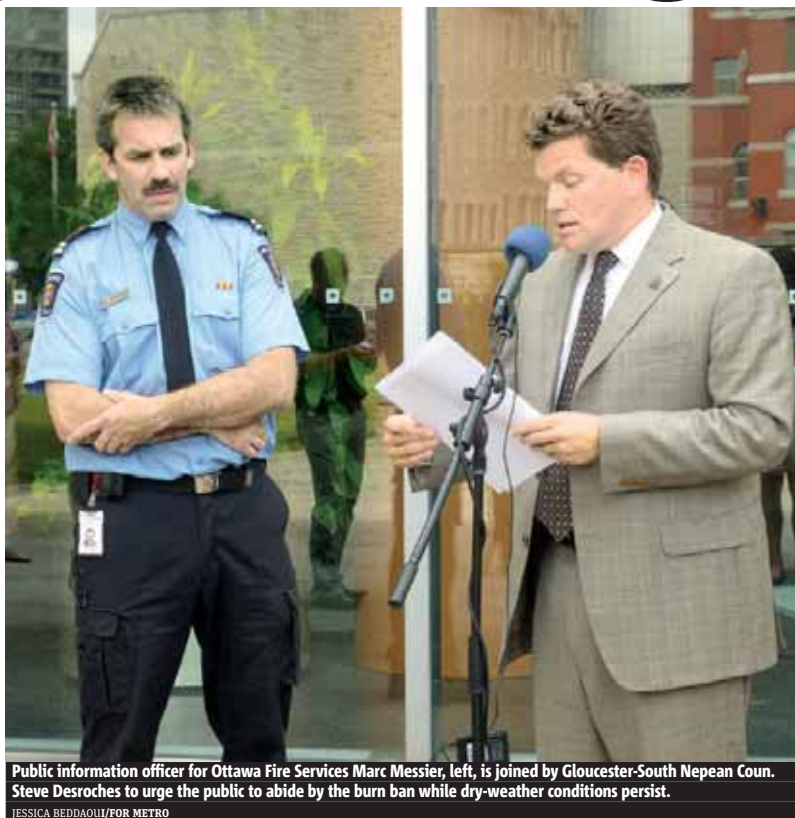
On Friday, the Rideau Valley Conservation Authority declared a Level 2 water drought for the Rideau Valley Watershed.

According to Desroches, not all Ottawa residents need to be so mindful of the drought.

"The City of Ottawa's central drinking system relies on the Ottawa river," he explained.

"The city's water use is not imposing a significant demand on the river."

"We want residents to take steps to beat the heat whether that be filling their pools, their children using their sprinkler, and of course taking care of their lawns and trees."



Public information officer for Ottawa Fire Services Marc Messier, left, is joined by Gloucester-South Nepean Coun. Steve Desroches to urge the public to abide by the burn ban while dry-weather conditions persist.

JESSICA BEDDAOUI/FOR METRO

Full-day kindergarten 'jeopardizes' daycares



Daycare operator Cindy Chouinard said full-day kindergarten will impact small childcare providers throughout the city. GRAHAM LANKTREE/METRO

All-day kindergarten across Ottawa by 2015 means big changes for local childcare providers, as 55 schools prepare to start classes this fall.

"It jeopardizes our living greatly," said Cindy Chouinard, a 35-year-veteran in child care.

"I'm going to accommodate more one, two and three-year-olds."

That means investing in a new daycare stroller, more beds and new equipment.

The \$1.5-billion Ontario plan may also lead to a childcare crunch for working parents, as only select schools will offer a program to look after children in the early

Impact

"Full-day kindergarten has allowed the expansion of our toddler program from 15 to 30 students, so there is a significant waiting-list impact."

Kim Hiscott, Executive director of Andrew Fleck Childcare Services

morning and after school.

Home daycare providers won't be able to care for these children, said Heidi Higgins of Silly Goose Daycare in Ottawa's south end,

as the Day Nursery Act limits the number of children providers can look after in a day to five. Even if they could, they would charge a full-day rate or lose money, she said.

Still, other childcare providers laud the move.

"Some families will wait a year or longer for daycare," said Kim Hiscott, executive director of Andrew Fleck Childcare Services.

"Full-day kindergarten has allowed the expansion of our toddler program from 15 to 30 students, so there is a significant waiting-list impact."

GRAHAM LANKTREE/METRO

Math competition

Team Canada ranks fifth at IMO

Team Canada is basking in the glory of finishing in fifth place out of 100 competing countries at the International Math Olympiad (IMO) in Mar del Plata, Argentina.

All six team members took home a medal. A total of three gold, two silver, and

one bronze were awarded to the high-school students.

Seventeen-year-old Ottawa native James Rickards brought home silver.

James is a "self-starter" who surpassed his father's math skills by Grade 5, said proud dad, Jim.

Team Canada's fifth-place ranking is the best standing the team has earned since they began participating at the IMO in 1981.

JESSICA BEDDAOUI/FOR METRO



Canada's Math Olympiad team with local team member James Rickards (back row, at right) pose for a picture. CONTRIBUTED

Charges

Gun seized during traffic stop: Cops

Six men were charged with firearms offences Monday. Police said around 1:45 a.m. an officer stopped a vehicle in the St. Laurent Ave. area and seized a gun. Those charged were between the ages of 20 and 29. METRO

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NEWS

On the web

How not to steal laughs at the pump

A cartoon presented by Enbridge at a conference had critics wondering if the company was trying to single out certain Persian Gulf countries as unethical oil sources compared to Alberta. Click on metronews.ca to read the energy giant's explanation of the scowling gas pump.

Taming of the wild ex-pets

From a raven that mixes caws with video-game sound effects to a cuddly, one-eyed bobcat, the wild ex-pets at an Ontario animal sanctuary are uniquely socialized to humans. Go to metronews.ca to view the slideshow of these domesticated beasts.

Mobile news



Revellers lavishly dressed as various mythological Hindu deities took part in the Bonalu festival in Hyderabad, India. Scan the code to view the gallery of colourful costumes.

Is Ottawa really in a 'pension pickle?'

Funding shortfall.

Taxpayer group says there's a problem, but city treasurer and OMERS say it's all under control



JESSICA SMITH
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The Ottawa Taxpayers Advocacy Group is warning city councillors about the cost of municipal-employee pensions — but the city says the group's calculations are off base.

The group says the city is in a "pension pickle" because the Ontario Municipal Employees Retirement System (OMERS) Fund is in a shortfall position.

"As near as we can figure, it's been massively underfunded for several years," said OTAG spokesman Kevin MacDonald. "We don't believe that it's possible for Ottawa to get out of the problem without increasing taxes or cutting services to pay for it."

Pension plans took a

Calculation showdown

\$60M

The Ottawa Taxpayers Advocacy Group says the city's top 10 earners could, "in theory," get a total of \$60 million in lifetime pension benefits, but city treasurer Marian Simulik says their theory is way off base. "Their numbers are just so wrong it is ridiculous," she said.



City treasurer Marian Simulik

Fudging numbers?

The calculations were based on total salaries, a life expectancy of age 85 and an assumption that the recipients would work to full eligibility, or buy back all their time. Simulik said a proper calculation would only use pensionable income. Assuming the employees would work until full eligibility — 35 years — is unrealistic, she said.



Pricey payout

OTAG estimated Simulik's pension at \$133,643.61 a year for a total of \$4,723,543. Simulik said that's more than double what she expects to receive.

Quoted

"As near as we can figure, (OMERS) has been massively underfunded for several years. We don't believe that it's possible for Ottawa to get out of the problem without increasing taxes or cutting services to pay for it."

OTAG spokesman Kevin MacDonald

in the contribution rate — from 2011 to 2013 — which cost the city about an extra \$10 million each year, said city treasurer Marian Simulik.

"In 2011 and 2012, we were able to include those extra costs within the budget and still remain within the tax target council had assigned," she said, referring to the pledge to keep tax increases below 2.5 per cent. "We will be able to do it within the tax target that council has assigned us for 2013."

Follow Jessica Smith on Twitter @jessicacatherine



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Johnsons Landing

Remains of second person found at landslide site

The remains of a second person have been uncovered at the site of a landslide in southeastern B.C. that killed four people.

The BC Coroners Service and RCMP says the remains of a second person were found at Johnsons Landing,

though they didn't release the identity.

Four people were missing after Thursday's slide, including 60-year-old Valentine Webber, his two daughters and a German tourist.

On Sunday, searchers found a body believed to belong to Valentine Webber near the site of the slide.

Still unaccounted for are Rachel Webber, 17, Diana Webber, 22, and German national Petra Frehse, 64.

THE CANADIAN PRESS

Record rains

Japan floods still affecting region

Most of the quarter-million people who fled flooding in Japan were able to return home by Monday, but the danger had not fully passed from record rains that have killed at least 28. Hundreds of landslides have been reported, and the military airlifted food to stranded districts. THE ASSOCIATED PRESS

Leadership shakeup

North Korea's Vice-Marshall dismissed

North Korea's Vice-Marshall Ri Yong Ho is out, dismissed from several powerful posts because of illness, state media said Monday in a brief surprise announcement just days after he last appeared in public. The decision was made at a Workers' Party meeting on Sunday, according to the official Korean Central News



Former North Korean Vice-Marshall Ri Yong Ho THE ASSOCIATED PRESS

Agency. The dispatch did not elaborate on his condition or future. THE ASSOCIATED PRESS

Food safety

Needles found in airline sandwiches

Delta Airlines says needles were found in six sandwiches on four flights from Amsterdam to the U.S. on Sunday. The airline says security for its meal production has been increased and it is using more prepackaged food while the investigation continues.

THE ASSOCIATED PRESS

Lawyer may be witness in Magnotta case

Body-parts murder.

U.S. lawyer says he met with accused killer, who complained of being abused by a mystery man

Email exchanges

- The Canadian Press obtained several emails Salta said he received from Magnotta over the weeks that followed their first meeting. All are dated from January 2011, more than a year before Lin's death.

A lawyer who heard Luka Rocco Magnotta make allegations about being repeatedly abused and forced to have sex with animals says he could be called as a witness at his murder trial.

Romeo Salta, who says he met with Magnotta several times at his Manhattan office in the winter of 2010-11, told The Canadian Press he was informed of the possibility by the defence team last week.

Magnotta, 29, is now facing multiple charges, including first-degree murder, in the May slaying and dismemberment of Montreal university student Jun Lin. He has pleaded not guilty to all counts and is due back in court next March.

A day before Salta was told he might be called to testify, the attorney spoke to a reporter about Magnotta's assertions that he was frequently abused — physically, emotionally and

sexually — by a mysterious acquaintance known as "Manny."

Salta insisted that Magnotta gave him his blessing to go public with the disturbing details of the alleged attacks, if he were ever arrested or killed. The lawyer said Magnotta wanted people to know his side of the story.

But two days after discussing his exchanges with Magnotta, Salta indicated he's been told to say no more. He declined to answer follow-up questions because of a conversation he said he had with Magnotta's lead defence counsel, Luc Leclair.

Salta recalled that Magnotta first contacted him over concerns police were closing in on him amid a swirl of animal-cruelty accusations.

THE CANADIAN PRESS



Ultra-Orthodox Jews rise up against draft attempt

Handcuffed ultra-Orthodox Jews participate in a protest against attempts to draft members of the cloistered community into the Israeli military, in Jerusalem on Monday. Thousands of ultra-Orthodox Jews, including hundreds of children, have been protesting against attempts to draft members of the community into the Israeli military. The government is currently trying to find a formula to obligate ultra-Orthodox Jews, who are currently exempt, to serve in the military before a court-determined Aug. 1 deadline. ODED BALIITY/THE ASSOCIATED PRESS

Syrian rebels push into Damascus

Syrian rebels fired grenades at tanks and troops while regime armour shelled Damascus neighbourhoods on Monday, sending terrified families fleeing the most sustained and widespread fighting in the capital since the start of the uprising 16 months ago.

A ring of fierce clashes near-

ly encircled the heavily guarded capital as rebels seeking to overthrow President Bashar Assad pushed the civil war that has been building in Syria's impoverished provinces closer to the seat of power.

While the clashes were focused in a string of neighbourhoods in the city's southwest,

for many of its four million people the violence brought scarily close to home the strife that has deeply scarred other Syrian cities.

Monday's fighting suggested that deep cracks were appearing in the tightly controlled facade of calm that has insulated Damascus from vio-

lence throughout the uprising.

Damascus — and Syria's largest city, Aleppo — are both home to elites who have benefited from close ties to Assad's regime, as well as merchant classes and minority groups who worry their status will suffer if Assad falls.

THE ASSOCIATED PRESS

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Real estate. Canadian home resales drop in June

Canada's real-estate market is showing signs of cooling off, with national home sales and the average home price down year over year, indicators that have at least one senior economist wondering if the once red-hot market is entering a "Big Sleep."

The new data from the Canadian Real Estate Association follows several reports saying some real-estate markets

and types of housing are overvalued, though there's a range of opinions about how much and how quickly prices will decline. On Monday, the CREA reported the number of previously owned homes sold last month dropped 4.4 per cent from June 2011, the first annual decline since April 2011.

Resales of homes were also down 1.3 per cent in June from May. **THE CANADIAN PRESS**



New Office responds to touch

Microsoft CEO Steve Ballmer speaks at an event in San Francisco on Monday. He unveiled a new version of the company's widely used, lucrative suite of word-processing, spreadsheet and email programs, one designed specifically with tablet computers and Internet-based storage in mind. Like an upcoming redesign of Microsoft's Windows operating system, the new Office will respond to touch as well as commands delivered on a computer keyboard or mouse. **JEFF CHIU/THE ASSOCIATED PRESS**

Goldman Sachs downgrades Tim Hortons to 'sell'

Wall Street. Increasing pressure in competitive market moves investment firm to lower rating of coffee-and-doughnut chain

Tim Hortons has been downgraded to a "sell" rating at Goldman Sachs over concerns that moderation in same-store sales could be a harbinger of more pressure in the hyper-competitive coffee

market.

A note from analyst Michael Kelter at the Wall Street investment firm says he is concerned about early indications of "impending Canadian saturation" that could reflect increased pressure.

"We see a five per cent downside in Tim Hortons shares versus a seven per cent average upside across the sector," he wrote.

He also expects the company might report a miss on same-store sales when it reports second-quarter earnings next month.

Earnings-per-share estimates were reduced to \$2.72 from \$2.77 for 2012, he said. Other reductions were made for 2013, with EPS down to \$3.06 from \$3.13, and to \$3.34 from \$3.48 in 2014.

The Canadian coffee market has faced a growing number of new entrants, including an expansion by Seattle coffee chain Starbucks and low-priced coffee and specialty drinks at McDonalds.

THE CANADIAN PRESS

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Slow growth

"Tim Hortons derives over 95 per cent of its operating profit in Canada, and growth into new geographies is coming at a somewhat moderate pace."

Analyst Michael Kelter at the Wall Street investment firm Goldman Sachs



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READY TO RELINQUISH YOUR CREEPER ANONYMITY?



**SHE
SAYS...**
Jessica Napier
metronews.ca/shesays

A collective groan was heard across the web last week when Facebook announced yet more changes are coming to the social-networking site. According to a July 11 blog post,

Facebook Groups have been updated to allow users to see who has viewed each post within the shared group.

Back in June, a similar “seen by” feature was added to Facebook’s mobile-messaging service to let users keep track of when messages had been read. It’s an annoyance for pretty much everyone who has ever had an awkward conversation on the Internet.

Some Facebook fans are concerned that these public tracking features are just a step towards a more transparent interface across the entire site, giving friends the ability to see who has clicked through photo albums, wall posts, tagged photos and other individual profile materials. These recent updates may just be the beginning of some major changes that could eradicate our ability to browse the site anonymously.

Facebook has always been about connecting with your friends, but it has also had the underlying (and just as important) component of “creeping” through others’

online activity without detection. More than likely, you don’t really want everyone to know when you’ve spent hours looking at (and silently judging) your ex-boyfriend’s tagged photos or cheesy wedding photo albums posted by long-lost high school friends. Any new features that track and report on your online activity will effectively ruin the guilty-pleasure aspect of the social-networking site.

Facebook creeping has always been an ethical grey area, but users are happy to play along in the shared fantasy that we aren’t cyber-stalking one another. And while the free service is something we voluntarily opt into, we tend to have a certain sense of entitlement when it comes to Facebook, a sort of naive sense of ownership over our online profiles. We’re happy to relinquish all our juicy market-research details to third-party apps, but please don’t take away our ability to lurk around the social network unseen.

Anonymous observation has arguably been one of the most important factors in Facebook’s mass appeal. And while it wasn’t too good to be true, it might have been too good to last.

It will be interesting to see if the recent information-sharing changes will pave the way for a major site-wide overhaul. Will users accept the new rules and adapt their browsing behaviour, or simply move on to something new in the fickle world of social networking?

Follow Jessica Napier on
Twitter @MetroSheSays



Would you still creep if you knew the person you were creeping knew too?
CONTRIBUTED

Olympic horse is a-maize-ing



REX FEATURES

Olympic agriculture

Horse, rider seem to leap across field

Clearly one farmer is already reaping Olympic success. Graham Wadsworth, owner of Raines Hall Farm in England’s picturesque Lake District, has created in a maize field the image of a giant horse and rider leaping over a jump in honour of Great Britain’s equestrian team, which is highly favoured to win gold.

Every summer Wadsworth’s farm becomes the Lakeland Maize Maze, welcoming more than 20,000 visitors. **METRO**



Graham Wadsworth, 41, is a farmer at Raines Hall Farm, Lake District, U.K. CONTRIBUTED

Maize maze: A how-to

- **How it was made:** “The pattern was first designed on a computer, then plotted using GPS. When using this technology, modern tractors can auto-steer and cut within an inch. I had a portable computer mounted on the tractor guiding me as I was carving out the design. You don’t make a mistake using this sort of technology.”
- **How it was done before:** “Before, when GPS technology was not available, I used a device called a fixed-point transmitter,

which would relay information between a satellite and the moving tractor. It wasn’t as accurate, and once, when the system batteries failed, one of the details of a design I was working on — the head of a llama — did not come out as I had planned!”

- **How it was done long ago:** “We drew the design on graph paper. After dividing it on the paper, we would cut the field square-by-square. In fact, the results could be better but it was more labour-intensive — it would take more than a week to complete.”



Register at metropolitanpanel.ca and take the quick poll

In light of patio season, what’s your hangover remedy?

0%
HAIR OF THE DOG:
BLOODY MARY, PLEASE

33%
TWO PAINKILLERS,
AND WATER

25%
PREVENTION: I
PAIR WATER
WITH EVERY
DRINK

42%
EGGS,
BACON,
TOAST AND
COFFEE

Twitter

@_elizabeth_l: • • • • •
Eww I sneezed on my phone

@Tyronemlb: • • • • •
When you both trust each other enough to switch phones. >>>>

@naushinvighio: • • • • •
I always see people I know in and around work. Today was a pleasant surprise :)

@batmaaaaaaan: • • • • •
partying in my igloo with my polar bear. 6 feet of snow already and it’s only July! #canadian #stereotype #thatsracist

@patrick_reddy: • • • • •
Whoever names birds did a great job with seagulls, because if I was in charge of naming them, I would call them Dirty Ocean Garbage Chickens

2

SCENE

Scene in brief

**Baby No. 3
for Uma**

It's a girl for Uma Thurman and her financier boyfriend. Thurman's representative confirmed on Monday that the actress gave birth. She did not release details, including the baby's name. Thurman, 42, has two older children, 13-year-old Maya Ray and 10-year-old Levon Roan, with ex-husband Ethan Hawke. This is her first with financier Arpad Busson. Busson has two sons with Elle Macpherson.

THE ASSOCIATED PRESS

**Judges
disciplined
over Lohan
case**

A California oversight panel has disciplined two Beverly Hills judges for their handling of a Lindsay Lohan drunken driving case. Documents obtained by the Los Angeles Times show Los Angeles County Judges Marsha Revel and Elden Fox have been admonished by the state's Commission on Judicial Performance. The judges got what are called advisory letters, considered the lowest of disciplinary actions. The panel determined Revel improperly met alone with an attorney who wanted to take over Lohan's defence in the 2010 DUI case. Fox was found to have erred in denying the actress bail on a relatively minor charge and refusing to hear her attorney's arguments.

THE ASSOCIATED PRESS

On the web



**E! Entertainment
Olympics plan has
its own Kardashian
connection**



Marvel confirmed a movie version of Guardians of the Galaxy at Comic-Con. HANDOUT

The ups and downs of Comic-Con 2012

Review. Our California writer looks at what this year's geek fest had to offer its fans — both bad and good

NED
EHRBAR

Metro World News in Hollywood

Celebrities, artists, filmmakers and roughly 170,000 fans invaded San Diego for the annual pop culture Woodstock that is Comic-Con, where Hollywood rolled out teasers and announcements for the next several years of film and TV properties over an exhausting four days. Most of the big reveals came in Hall H, the massive auditorium into which fans line up for days.

So, was it worth the wait?

Biggest hits:

Marvel Entertainment: Riding into Comic-Con high on the wave of Avengers success, the comic book publisher turned movie studio announced a slew of new films, including sequels to Captain America and Thor.

And then Robert Downey Jr. danced into the Hall, blurring the lines between himself and Tony Stark, to unveil footage from next year's Iron Man 3.

In non-Avengers news, Marvel executive Kevin Fiege also confirmed a movie version of Guardians of the Galaxy, about an outer space-set team of mutants, aliens and a raccoon sworn to fight off interstellar threats.

Elysium: District 9 director Neill Blomkamp finally unveiled some of followup film, about a future in which the haves live it up on a space station while the have-nots toil on the dilapidated Earth below. Not only did Blomkamp stun the Hall H crowd with footage from the film, he also brought along Jodie Foster, a Comic-Con virgin and closet geek — Foster copped to being a huge True Blood fan.

Biggest misses:

The Host: While kicking off Comic-Con with a panel for the final Twilight film, the series' author, Stephenie Meyer snuck in a look at the film adaptation of her followup, the Host, directed by Andrew Niccol. The footage of the sci-fi story about

alien possession left fans scratching their heads — and some walking out before the screening had finished.

Django Unchained: While it was awfully cool of Quentin Tarantino to bring his revenge western starring Jamie Foxx and Christoph Waltz to Comic-Con — despite it not necessarily being normal Comic-Con fare — there are a few things he didn't do: He didn't show off much new material, instead opting to show a seven-minute "sizzle reel" that had screened for insiders at Cannes, and he didn't stick around to talk to the press after the Hall H panel. One thing he did do? Put a damper on plans for Kill Bill: Vol. 3. Not cool at all, Quentin.

Go ask Alice. Ashley Greene talks about wrapping up Twilight

The Twilight film series has been something of a game-changer for Comic-Con. When the franchise paid its first visit, the influx of diehard female fans ruffled some fanboy feathers. Metro sat down with Ashley Greene, who plays vampire Alice Cullen in the series, about the series' last trip to San Diego.

How is the last Comic-Con for Twilight going?

It's good. It's as intense as ever. I looked at my schedule and was like, "Wow!" But then it's great. It's a great feeling to know the last film we're doing, the fifth



Ashley Greene HANDOUT

movie, there's still so much interest in it and that people are still passionate about it, and I got to see fans that I saw the first time I came here.

NED EHRBAR

Walking Dead. San Diego succumbs to zombies to celebrate 100th issue

Despite all the superheroes, aliens and giant monsters around San Diego, this year the Comic-Con weekend belonged to the Walking Dead, the AMC show based on Robert Kirkman's comic book about surviving a zombie apocalypse.

The 100th issue of the comic hit stores last week, and fans got their first look at season three of the popular series, which debuts worldwide Oct. 14, including new cast-members Danai Gurira as Michonne and David Morrissey as the infamous Governor. "I'm getting a sense of (how big this is).

It's fan base is massive, so I'm really over the moon to be joining," Morrissey tells Metro.

The enthusiasm for the show was evident outside the convention centre as well, with Petco Park turned into a zombie survival course — and the backdrop for a star-studded party celebrating the 100th issue. And fans in zombie garb were everywhere, coming together for a traffic-stopping "zombie walk" on Friday afternoon.

"Never underestimate Comic-Con," Kirkman says.

NED EHRBAR

DVD reviews

**The Three Stooges**

Director. Bobby Farrelly,
Peter Farrelly

Stars. Sean Hayes, Chris Diamantopolous, Will Sasso

●●●●●

Easy to see why Bobby and Peter Farrelly wanted to make this irony-free homage to the second most revered clown troupe after the Marx Brothers, despite protests from Stooges fans. For all of their eye-poking and mallet-swinging antics, there was an innocence about the Stooges, who reigned from the Vaudeville '20s until the end of the Swinging '60s, with fitful revivals since. They were fools for the sake of being fools, too stunned to be snide or cynical. This benevolently anarchic spirit remains in The Three Stooges, which makes just two concessions to the modern era: a reality TV subplot involving The Jersey Shore cast and a tacked-on warning to kids that they should leave eye pokes and head bashes to the pros. After an hour of this nonsense, with more than a half hour still to go, you start to feel like a masochist watching three sadists. You see one nose hair being extracted by a hammer claw, you've seen 'em all.

PETER HOWELL

Casa de mi Padre

Director. Matt Piedmont

Stars. Will Ferrell, Gael Garcia Bernal, Diego Luna

●●●●●

Will Ferrell takes risks with his comedy, yet too often settles for material that's more amusing on paper than it is on the screen. Casa de mi Padre is the latest example. Ferrell plays a Mexican ranchero who speaks Spanish as if he were born to the tongue. It's audacious, given the huge resistance of Americans to subtitled films. It's also a good idea. If only it were funnier. Most of the rest of the cast of this hammy drama, a western spoof of cheesy Mexican telenovelas, actually are native Spanish speakers. Supposedly filmed in widescreen "Mexico-Scope," but also filled with deliberately fake animals and props, Casa de mi Padre gets by on Ferrell's abundant good cheer, his Berlitz Spanish and his willingness to make himself the joke.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who dumped who on American Idol?

MONICA WEYMOUTH
scene@metronews.ca

When Jennifer Lopez and Steven Tyler announced they were leaving American Idol last week, both stars cited their busy, rewarding lives.

How could they continue to judge a reality show when they had babies to take care of and devoted fans to entertain?

But there might be a much easier explanation here: money.

According to TheWrap.com, Lopez was actually let go when she asked for a \$2

million raise and Fox "surprised her" by declining to make a counter offer. During an appearance on Monday's Good Morning America, the singer hinted that it wasn't exactly a tidy break.

"I love them, they love me, and it's hard when I feel like I should move on," she said of the split. "I don't know, I don't know if it's even done yet ... I know that I'm moving on."

As for Tyler — who, like Lopez, spent two seasons on the show — the network decided not to renew his contract as it looks to revamp the struggling show's format, a source tells TheWrap.

Sure it's embarrassing, but don't sweat it, guys. Most of us get fired over far less money and have never known the joy of giving Ryan Seacrest an exit wedgie.



Joshua Jackson



Diane Kruger

Tres romantique! Jackson and Kruger falling for France

Joshua Jackson and Diane Kruger are settling into life living in Paris, and they couldn't be happier, the Fringe star tells People magazine.

"The most romantic thing about Paris for me is just walking around and being immersed in the city," Jackson says.

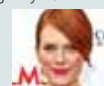
"Because Diane has lived there for so long and we have an apartment there, the most romantic part of our day is waking up in our own neighborhood and going down to a cafe and just having breakfast — which is a really quotidian thing to do, but to do it in that city is pretty nice."

Twitter

@driverminnie
We are writing and performing a play in 24 hrs. We are in hour 18. I feel vaguely nauseous and wish now that I'd gone to university



@juliannemoore
umm #the knicks the way things are going why not just have ME on the team. Old ladies are great point guards.



@AlbertBrooks
Breaking News: Romney promises to release more tax returns as soon as he can get the guy from Luxembourg on the phone.



@RyanSeacrest
Craving ice cream. Had to stop for a blizzard, butter finger Heath bar flavor.



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3

LIFE

Fitness pick

Slim line leggings

Celebrity trainer Tracy Anderson's slimming leggings are the perfect solution if you want to workout out looking and feeling your best. Inspired by her Metamorphosis workout program each model focuses on a specific problem area: the hips, glutes, thighs, or abs. Designed to tighten and tone (they nicely pull everything in) you'll never feel self-conscious during a workout ever again. If Sofia Vergara wears them — and she's a walking bomb shell — then we should all follow suit. Get great legs: The Omnicentric leggings are designed for women that gain weight all over.

ROMINA MCGUINNESS/METRO

On the Web



Sports-related eye injuries not uncommon in summer sports but easily preventable

Beach body pilates plan

Workout. Yogi David Romanelli tells us why it's time to switch off the devices and connect to you.

Do you go on holiday, taking a break from the hustle and bustle, but spend most of the time updating Facebook and sharing Instagram photos? New York based Yogi David Romanelli is worried for your soul. "Technology is just like sucking on a cigarette, it's just as addictive and bad for us," he tells Metro. "Gadgets are a bad habit. We have less capacity to experience and remember memories using a machine than we do through our five senses."

Peel yourself away from technology, he recommends. To do so, Romanelli suggests setting aside one moment in



Is her BlackBerry is hidden under the mat? CONTRIBUTED

the day (aside from sleep) and doing something completely disconnected from your usual routine.

"Take a Yoga or Pilates class and let this be a moment when you have no desire to reach out for a buzzing gadget," he says.

"Our mind is a spoiled

brat that's used to having complete control over our body. It's important to stop thinking once in a while and tap into something within us that's more powerful than our thoughts, whatever that is. This 'thing' doesn't have to be spiritual, it can also be emotional or physical."

At the start of the class, your mind will be kicking and screaming to take over your body but you have to get past that moment and be in the present, explains Romanelli.

Yoga and Pilates are exercises that help you trigger sensations and get back in touch with your body.

"No app in the world can replace smell or touch or improve emotional connections," he adds.

So, even if it's just for a moment — stop functioning and get back into your body. Our beach Pilates sequence is the best way to start doing just that.

The workout

How to do the Beach Body Pilates Workout:

"This will tone all your trouble spots: bra bulge, triceps, hips, abs, waist, thighs and buttocks. You will stand taller, feel lighter and be leaner. Commit to this workout for up to 20 minutes, five days a week and within weeks you'll look amazing," says Metro's Pilates expert Kristin McGee.

As you go through each move, keep the six fundamentals of Pilates in mind: Centering, concentration, control, precision, breath and flow.

1. 100s:

Lying on your back with your entire spine pressing in to the mat, lift your legs up in

the air to a tabletop position and engage your lower abdominals.

Stretch your arms forward as you lift your head and neck up off the mat. Gaze at your belly button and extend your

legs out to a 45 degree angle.

Start pumping the arms up and down, breathing in for 5 pumps, and out for 5.

Reps: 10

Works: core, hips, buttocks, arms and thighs



2. Criss-cross

Keep your hands behind your head, elbows open to the side and bring your knees to a tabletop position. Lift your head and neck up and cross your right elbow towards your left knee as you extend your right leg long 45 degrees.

Now switch, bringing the left elbow to the right knee as you extend the left leg. Make sure you keep your abs engaged and reach your elbow outside of the bent knee.

Reps: 10

Works: core, inner and outer obliques, hips, shoulders arms and thighs

3. Ballerina butt lifts

Swing your legs around and lie down on your belly. Place your forehead in on top of your hands with your elbows

wide to the side. Bend your knees and press the heels together, turning the toes out to the sides.

Engage your buttocks, hamstrings and lower back and press your heels up to the ceiling lifting your knees off the mat. Make sure your tailbone stays long and you keep your lower abdominals engaged to protect your lower back.

Reps: 12

Works: lower back, abs, hips, buttocks and hamstrings

4. Swan

Extend your legs long and reach your arms overhead. Engage your lower abdominals and back and lift everything up off the floor keeping your head in line with your spine. Imagine you are being pulled apart from end to end. Hold for 3 breaths and lower down.

Reps: 3

Works: the hamstrings

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Food or sex? Your desires explained

Women's health. How the time of the month impacts everything from eating to life choices

CELIA MILNE

life@metronews.ca

It's not your imagination. Women really do eat more between periods.

The time of the month does have an impact on women's eating, shopping and beautification behavior, according to a new study at Concordia University in Montreal.

Like it or not, it's an evolutionary fact.

"Menstrual-related hormones shape women's daily choices," says Prof. Gad Saad, who holds the Concordia University Research Chair in Evolutionary Behavioral Sciences and Darwinian Consumption. "Your menstrual cycle affects many of your most fundamental survival and mating pursuits."

Researchers tracked the daily desires, preferences and purchases of 59 women over 35 continuous days. The



Doughnuts might not fit into any evolutionary theories but it does factor into your decisions once a month. ISTOCK PHOTOS

women kept detailed diaries of the food they ate, what they bought, and how much time they spent making themselves beautiful.

There was a marked increase in women's appear-

ance-related behaviours, such as putting on makeup and wearing sexy clothes, during the fertile stage of the menstrual cycle, approximately days 8 to 15 in a 28-day cycle.

There was a rise in eating

and buying high-calorie food during the infertile (luteal) phase of the menstrual cycle, approximately days 16-28.

Prof. Saad and colleagues offered a Darwinian explanation: In order for the species to survive, women had to spend more time on sex-related activities while they were fertile.

Non-mating-related activities such as food foraging took precedence during the

Quote

"Your smart phone could warn, 'today's day 24 of your cycle – avoid grocery shopping!'"

Prof. Gad Saad
Concordia University Research Chair

non-fertile phase.

What do we learn from

this?

One lesson is that "the likelihood of being able to stick to a diet will likely wax and wane depending on a woman's menstrual status," says Prof. Saad.

He envisions an app that Darwin couldn't have predicted.

"Your smart phone could warn, 'today's day 24 of your cycle — avoid grocery shopping!'"



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Getting hitched? Consider a pre-nup

What's at stake. A pre-nup makes sense for Canadians getting married later in life who have accumulated assets and debt



YOUR MONEY
Allison Griffiths
money@metronews.ca

Two years ago my husband and I purchased property in Florida, taking advantage of depressed prices, the strong loonie and low interest rates.

The day before flying south to close, our lawyer called and told us the deal might be on the rocks.

Turns out the seller's ex (they were married less than three months) refused to sign

More info

Visit boomerandecho.com/is-a-pre-nup-really-necessary/ for more pre-nup information.



If you are marrying later in life, a pre-nup might be a good idea. ISTOCK IMAGES

off on his share of the property. Though the woman had bought it years before they got married, Florida law supported his matrimonial rights to the small farm.

We did end up closing the deal, but had the seller insisted on a pre-nuptial agreement waiving hubby-to-be's

property rights, the problem would have been avoided.

Pre-nups make sense because Canadians are getting hitched much later in life.

In 1972 the average age at first marriage was 22.5 years for women and 24.9 for men, according to Human Resources and Skills Development

Canada. By 2008 first-time brides were 29.1 years old and grooms just over 31.

Those who marry at an older age usually have accumulated significantly more assets and/or debt than those who are younger.

For this group there is a lot at stake, especially when you

consider that 40 per cent of all marriages end in divorce.

If you are marrying later, a pre-nup might be a good idea. Such agreements are fairly common for second and third marriages, but first-timers often feel squeamish talking about money, let alone a pre-nup.

Do you need a pre-nup?

Four areas of concern:

- **Business.** If you own one, especially if you have a partner, excluding it from community property could make sense.

- **Inheritance.** Especially if there are children, consider segregating all or a portion.

- **Education.** Frequently one person delays their training or education to support the one who is studying. A pre-nup can even out income post-divorce or pay for the supporting spouse to pursue their studies.

- **Debt.** Nothing could be worse than having to share a soon-to-be-ex's big load of debt. In a pre-nup, you can state which debts are to be shared and which are individual responsibilities.

The cost of summertime fun: Zilch, zero, nada



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I spent last Sunday afternoon watching my best friend compete in horse jumping at Spruce Meadows, a world-class equestrian facility just south of Calgary.

The weather was beautiful, the competition lively and the laughter infectious as families and friends picnicked and shared the experience. Amazingly, the cost for those attending was zilch ... zero ... nada! That's my kind of activity.

Check out what's happening in your city by looking online at community websites and newsletters. Many festivals, sporting events, plays, lakes and outdoor parks are free to attend. Plan picnics, hike, bike and take advantage of recreational passes to pools and other city-run amenities. Host friends and family

at a pot-luck barbeque and game night.

If you have a family, enroll your children in free literacy programs at your local library. Having worked at the public library for four years while going to school, I can vouch for these programs, which often include face-painting, arts, crafts, reading, plays, movies and the occasional outdoor excursion.

Use Groupon.com or other coupons to buy

Fun for less

Many festivals, sporting events, plays and parks are free to use. Plan picnics, hike, bike and use passes to pools and other city amenities.

discounted family passes to movies, local museums, the zoo and amusement parks.

Rethink your holiday. If flying to London for the Olympics is out of your budget, vacation closer to home.

Keep on the lookout for last-minute deals like Westjet's Blue Tag events or use websites like Hotwire.com. Look through your account statements to see where



Plan a picnic or host a potluck or BBQ at a local park. ISTOCK IMAGES

you've collected loyalty points. Cash your points in for free flights, car rentals, train tickets and accommodations.

Get your car tuned up and

hit the highway to a nearby vacation destination. Target a place outside a major h u b

where accommodations are less expensive, such as a bed and breakfast or campground.

Better yet, stay with family and friends or swap your house through a website like houseexchange.com or homelink.org.

Alternatively, save your travel for the off-season and enjoy the summer weather right here at home. You'll benefit from reduced rates on just about every aspect of your travel.

Last April, following Spring Break, my cousin and I went to Maui for \$1,000 per person, which included taxes, flight and hotel. If we'd traveled just one week prior (high season), we would have spent nearly \$3,000 per person for the exact same trip.





Financial Basics is an interactive workshop that covers key aspects of money management. ISTOCK IMAGES

Teaching financial basics to kids has never been easier

Many parents want their children to learn the principles of sound money management so they can make the best financial decisions later on.

But parents don't always have the knowledge they need to guide their children.

So parents will be happy to learn that there are tools available to help their kids learn the basics of personal finance.

Financial Basics is an interactive, hands-on workshop developed by the Financial Consumer Agency of Canada (@FCACan), in collaboration with the Investor Education Fund of Ontario and journalist and author Ellen Roseman.

Its objective content is provided at no cost and deals with expenses, credit debt management, saving, investments and fraud prevention.

The workshop covers all key aspects of personal money management.

Designed by subject matter experts, this basic, easy-to-use workshop can also be used by post-secondary educational institutions, community organizations and employers.

Financial Basics includes comprehensive and varied workshop materials (for example, participants' handbooks and slides), making the content easy to teach and tailor for different audiences.

Financial

Basics workshop materials can be downloaded or ordered at no cost from itpay-stoknow.gc.ca. **NEWSCANADA**



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Dip your way to a delicious twist on traditional hummus

White Bean and Artichoke Hummus



This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

unique twist on traditional hummus! The addition of white beans and artichoke hearts is outstanding.

1. Combine the beans, artichokes, tahini, olive oil, lemon juice, garlic, cumin, salt

and pepper in the bowl of a food processor. Purée until smooth.

2. Add the chopped cilantro and stir to combine

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 2 tbsp tahini
- 1 1/2 tbsp olive oil
- 2 tbsp lemon juice
- 1 1/2 tsp finely chopped garlic
- 1/4 tsp ground cumin
- pinch of salt and freshly ground black pepper
- 1/4 cup chopped cilantro

Nutritional analysis

How does this dip stack up nutritionally per serving?

- Calories. 79
- Protein. 2 g
- Carbohydrates. 6 g
- Fibre. 1.7 g
- Total fat. 5 g

Health Solutions

Five hidden fibre gems



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Women need 25 grams of fibre each day and men need 35. On average, we each get 11.

If you are underperforming because you don't know which vegetables are highest in fibre, fret not, mystery solved.

Here is your cheat sheet of the veggies that get you much closer to the fibre finishing line.

Collard Greens

The powerhouse of the south, these huge, dark green elephant ear leaves need a chop and a quick simmer to render them soft enough to eat. Salt, pepper, butter and enjoy. Total: 10 grams of fibre

Spinach

You know your massive spinach and strawberry salad? Cook it down with a drizzle of olive oil. It's easier to eat the required amount and renders the

nutrients more available to your body. Total: 9 grams of fibre

Sweet Potato

Mashed. No skin. Delicious as is but a drop of balsamic vinaigrette can't hurt. Total: 11 grams of fibre

Baked Potato

The secret is: You have to eat the skin. Try not to undo all your good work with too much sour cream. Total: 28 grams of fibre

Avocado (1/4 raw)

Here is your high fat honey, but it is all good fat and worth every nibble. Ever thought about grilling it? Total: 17 grams of fibre

All amounts are per 1/2 cup cooked unless noted.



Theresa Albert is an author, nutritionist and health communicator in Toronto. She is @THERESAALBERT on Twitter and found daily at MYFRIENDINFOOD.COM.

A choice between love or career

Dating at work.

Office romances can be a tricky endeavor, which could potentially hurt your career

PHOEBE HO

For Metro

Besides providing comic relief and a heartwarming love story, the hit American show

The Office is also a great guidebook for office couples, according to a branding expert.

Watching the show's office couple Jim and Pam gang up on their arch enemy Dwight is a hoot on TV, but in reality alienating co-workers is just one of the many issues inter-office romances stir up, says branding expert Nancy Shenker and author of Don't Hook Up with the Dude in the Next Cube.

"The Office is a great ex-

ample of both good and bad, the goods were that they met, they married, they fell in love, they lived happily ever after, but the bads are that it does alienate them in some ways from the rest of the people in the office," she says.

And that's just one of the many problems with office dating, she says. In many cases, when relationships don't work out, it strains the work relationship and makes it "perpetually awkward" for both the couple and those around them.

"Whenever human emotions come into play, it gets really dicey and that happens with same sex relationships as well," says Shenker, who has years of experience as a boss.

With about 38 per cent of workers admitting to dating a co-worker at least once in their career in a 2011 survey by CareerBuilder, Shenker says it's virtually impossible to stop office romance from happening — with or without an office dating policy.

But she warns that inter-office romances are complicated, and could potentially hurt your career and/or impact your professional reputation.

As a boss, Shenker's first concern about office romance is its potential impact on productivity and confidentiality



Workplace love stories, like the one seen in The Office, may seem enticing, but in reality it can be a very different story. HANDOUT

issues.

For the career-driven, a thoughtless office romance could put a damper on one's professional aspirations. From a personal branding point of view, Shenker says dating a co-worker, or worse, an employee, shows a lack of self-control.

"Once you get to a certain level in the business food chain, you have a level of accountability and responsibility

that really should take precedence over your human urges," she says. "It would make me question their professional judgment."

But there are exceptions to every rule. Shenker says for those who do find their soul mate at work, they need to tread carefully. "Do it with your eyes wide open," and set up ground rules.

And if true love surpasses hierarchical positions, then one

person should think of leaving the company to avoid feelings of favouritism amongst coworkers.

Ultimately, it's a choice between love or career.

"If it really is your true love, then yes, it's totally worth it, cause you can always get another job, but you can't always find another soul mate," says Shenker.

"That's the romantic in me speaking."

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Sports in pictures



1 **MLB.** Reds' Votto out for up to a month

Reds first baseman Joey Votto will have surgery to repair torn cartilage in his left knee, sidelining him for three to four weeks.

The 2010 National League MVP hurt the knee in late June but kept playing. He had a medical exam Monday evening that detected the injury.

THE ASSOCIATED PRESS

2 **CFL.** Als take care of head coach Trestman

Marc Trestman looks to be settling in for a long stay as head coach of the Montreal Alouettes.

Owner Bob Wetenhall announced Monday that Trestman's contract, which was due to expire at the end of this season, has been extended by four years.

THE CANADIAN PRESS

3 **NBA.** Heat taking their talents to China

The NBA champion Miami Heat will play two pre-season games against the Los Angeles Clippers in China this fall.

The teams will meet Oct. 11 in Beijing and Oct. 14 in Shanghai.

THE ASSOCIATED PRESS

NHL. After 'long process' Green remains a Capital



Mike Green re-signed with the Capitals on Monday. GETTY IMAGES FILE

The Washington Capitals didn't wait long to make Mike Green a better offer.

The Capitals signed the defenceman to a \$18.25-million US, three-year contract on Monday. The move comes a day after Green rejected a \$5-million, one-year qualifying offer from Washington and became a restricted free agent.

Green will earn \$6 million in 2012-13 and 2013-14 and \$6.25 million in 2014-15 after playing just 81 games over the last two injury-plagued seasons.

"It's been a long process," Green said in a conference

Quoted

"It was unfortunate the last couple of years that I've suffered through some injuries, but I believe that I'm over them. I think I've got them all out of my system."

Mike Green

call. "Negotiations started early in the year then obviously with the setback of the injury we were going to wait. And then wait after the playoffs, then after the draft,

then after free agency, so it's been pushed back."

The 26-year-old Calgary native has seen his production drop over the last two limited seasons. He played just 32 games in 2011-12 due to a groin injury and had three goals and four assists.

The Capitals are gambling Green can get healthy and return to his previous form, which saw him break the 70-point plateau in the 2008-09 and 2009-10 seasons. He has reached double digits in goals three times, including a 31-goal season in 2008-09.

THE CANADIAN PRESS

Wait for Valanciunas appears over in Toronto

NBA. According to sources, Raptors close to finalizing deal to bring big Lithuanian prospect to North America

After dumping one player who didn't fit into their plans to create a bit of financial and roster flexibility, the Toronto Raptors are about to sign a vital piece of their future.

Jonas Valanciunas, the 20-year-old Lithuanian centre who is seen as a key cog in the roster's improvement, should be officially signed, sealed and delivered in the next couple of days.

Sources say the letter of clearance — a formality to get Valanciunas to the NBA — has been received by the league, one of the final steps necessary before the seven-footer can officially sign his contract.

The No. 5 pick in the 2011 NBA draft is currently with the Lithuanian national team preparing for the Olympics.

While there was little doubt that Valanciunas would be in training camp this fall, having him signed early allows the Raptors to move on with other roster needs.

By the numbers

\$2.8M

The Raptors, who were at the NBA's salary-cap level for all intents and purposes following the acquisition of Landry Fields and point guard Kyle Lowry, save about \$2.8 million in cap space in the James Johnson transaction.

And they now have a bit of financial wiggle room and a free spot after dealing James Johnson to the Sacramento Kings on Monday afternoon for a 2014 second-round draft pick.

Johnson averaged 9.1 points and 4.7 rebounds for the Raptors last season.

"James is a tremendous athlete who has a toughness you love," said Raptors coach Dwane Casey. "With the abundance of wings we have, there would not have been enough minutes."

Johnson would have had to battle newly acquired Landry Fields and Linas Kleiza for minutes at the small forward position and the Raptors have also toyed with the idea of perhaps using DeMar DeRozan there in some instances.

TORSTAR NEWS SERVICE



Jonas Valanciunas dunks during a EuroBasket 2011 game against Germany last September in Vilnius, Lithuania. CHRISTOF KOEPEL/BONGARTS/GETTY IMAGES

4

SPORTS

Quoted

"It's exciting to come back to a ballpark I've known as home for a long time. It's exciting to face some of my teammates that I've only faced in live (batting practice)."

Chicago third baseman Kevin Youkilis on Monday, upon returning to Boston for the first time since being traded by the Red Sox to the White Sox on June 24. He didn't want to talk about his relationship with Boston manager Bobby Valentine. In April, Valentine questioned Youkilis's commitment in his weekly television interview and then apologized to him a day later.

"I don't understand why this is a big rift. I'm just here to play baseball and things will happen. There's no Bobby V. versus Kevin Youkilis or vice-versa. It's the Chicago White Sox against the Boston Red Sox and just playing baseball."

Kevin Youkilis

Mobile sports



A few months ago, Jeremy Lin was the hottest sports story in North America after arriving out of nowhere to give an injury-ravaged New York Knicks club a huge mid-season boost.

Now the Knicks must choose between putting up big bucks to re-sign the popular point guard or watch him leave for Houston. Scan the code for the story.

Tour de France

Fedrigio wins 15th stage on home turf

Pierrick Fedrigio of France won Monday's 15th stage of the Tour de France by leading a two-man final breakaway, while Bradley Wiggins kept the overall lead as he stayed with his rivals in the main pack far behind.

THE ASSOCIATED PRESS



Pierrick Fedrigio THE ASSOCIATED PRESS

MLB

Jays lose Perez to elbow injury

Blue Jays left-hander Luis Perez is going to have reconstructive elbow surgery Tuesday, an operation that could sideline him for over a year.

Blue Jays manager John Farrell said before their game against the New York Yankees on Monday that Perez was examined by Dr. James



Luis Perez GETTY IMAGES FILE

Andrews in Florida earlier Monday. Andrews confirmed Toronto's original diagnosis of a torn ligament.

THE ASSOCIATED PRESS

Van Beilen riding wave of momentum to London

Swimming. Oakville teen believing in her ability after strong showing at Olympic trials in Montreal

When Tera Van Beilen was nine years old, she did what most nine-year-olds do when left to their own devices.

Nothing. Oakville's Van Beilen was a hyperactive, sporadically sporty kid, but her parents thought she could use some athletic direction.

"I was sort of going through a chubby phase," Van Beilen says, chin tucked in to her chest and smiling shyly.

They took Tera to a local club for swimming lessons, half-hoping she'd like it. She was the family's most enthusiastic user of the backyard pool.

This wasn't a Eureka moment. Tera liked swimming enough to make it a regular thing.

But through grade school it remained a hobby and a physical outlet, rather than an obsession.

Today, Van Beilen, a distinctly un-chubby 18-year-old, is headed to the London Olympics, a surprise medal contender in the 100-metre and 200-metre breaststroke.

Genetics must have something to do with this. Her uncle, Wayne Van Dorp, played for the Blackhawks and the Penguins. Her cousin, Joel Reinders, is an offensive tackle with the New York Giants.

"He's the one protecting Eli Manning. Or is it Peyton Manning? I'm not sure. One of the

Time of her life

At the Olympic trials in Montreal in March, Van Beilen qualified for the 100-metre, placing second, a mild surprise.

- But in the 200-metre final, she pushed third-place finisher and current world record holder Annamay Pierse off Canada's Olympic team. Her time of 2:24:03 was, at that point, the second-fastest time in the world this year.

Mannings," Van Beilen said.

Like her gargantuan cousin, Van Beilen's progression is proof to parents everywhere that a child can master a sport without sacrificing every other thing it means to be a child.

"They let me have swimming and still have school. I had both worlds," Van Beilen says.

Right into high school, Van Beilen played other sports. It wasn't until age 15 that she made swimming her focus.

A great many athletic stories — both amateur and pro — start precociously early and are filled with nothing from then on but practice and competition. In an extreme example, 10-year-old Alexander Ovechkin played in a hockey tournament the day after his brother died.

Van Beilen went to a regular school — Oakville's Kings Christian Collegiate — rather than a sporting academy. On Friday nights, she watched Say Yes to the Dress with her mom. She went out with friends on Saturdays. She at-



Tera Van Beilen, seen here at her family home in Oakville, Ont., will swim the 100 and 200 breaststroke events in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

tended the birthright of all typical teens — the prom.

Even after swimming became her job, she treated it like one — a Monday-to-Friday thing. However, it was an exhausting Monday-to-Friday thing.

She was cut a few breaks

at school. Teachers would occasionally let her go out to her car and sleep through a class. Her mother, Sharon, an administrator at the school, set up a quiet room for Van Beilen to nap through her spares.

She graduated last year.

TORSTAR NEWS SERVICE

Record arrivals

Heathrow Airport has its busiest day

The opening ceremony is still 11 days away, but for many in London, the Olympics really got started Monday.

Heathrow Airport had its busiest day ever as thousands of athletes — from Dutch beach-volleyball players to South Korean gymnasts — landed with their javelins, bicycles and sails, and moved smoothly through customs.

Motorists grappled with new traffic lanes painted with the Olympic rings and reserved for only official vehicles and dignitaries. At least one American athlete tweeted that his bus got lost on the way from Heathrow.

Smart-looking sailors

guarded the gates to Olympic Park, looking so cheerful that visitors would never guess they had been pulled off leave only a few days ago to fill an embarrassing security gap when a private contractor failed to provide enough personnel.

And as the Olympic flame made its way beside the seaside in the resort of Brighton, organizers revealed plans for its arrival later this week in London. How's this for an entrance: A Royal Marine carrying the torch will slide down a rope from a helicopter into the Tower of London.

There was a feeling of Olympian scale at Heathrow — the airport was handling some 236,955 arrivals and departures Monday, breaking the record of 233,562, set on July 31, 2011. THE ASSOCIATED PRESS

Expectations tempered for Canadian track and field

The Canadian Olympic Committee has set a goal of finishing among the top 12 countries in the overall medal standings at this summer's London Games.

Here's a look at the Canadian track-and-field team's medal potential.

Past results

Priscilla Lopes-Schliep won bronze in the 100-metre hurdles for the country's lone medal in Beijing and Canada's first in Olympic track and field since the 1996 Atlanta Games. The Whitby, Ont., hurdler would have been one of Canada's top hopes in London, but in a stunning upset at the Olympic trials, she stumbled on a hurdle and didn't make the team. Athletics Canada

head coach Alex Gardiner says the team is still gunning for two to three medals, but the absence of Lopes-Schliep makes one medal more realistic.



Dylan Armstrong, Kamloops, B.C.

He's been on the rise since missing a shot-put medal by less than a centimetre at the Beijing Games. The 31-year-old from Kamloops, B.C., was ranked No. 1 in the world last season, and captured silver at the world championships.



Jessica Zelinka, London, Ont.

Jessica Zelinka was fifth in the Olympic heptathlon four years ago, but her Canadian-record performance at the trials has her ranked No. 4 in the world. The 30-year-old from London, Ont., will also race the 100-metre hurdles and is Canada's fastest entry in a race in which anything can happen.

THE CANADIAN PRESS



Host effect. U.S. study predicts Britain could win 62 Olympic medals

A U.S. study has predicted that Britain will easily beat its goal of winning at least 48 medals, including 25 golds at the London Olympics.

The Tuck School of Business at Dartmouth released a study Monday which calculated that competing on home turf could be worth an additional 15 medals for the British team over the 47 it won at the 2008 Beijing Olympics.

The study's predictions of a possible 62 British medals — giving the host nation the fourth-highest overall medal prediction — are in line with bets being offered by London's usually savvy bookmakers.

Even better for the British

By the numbers

542

The biggest delegation at the London Olympics will be in red, white and blue. The Union Jack variety, though. The United States will only have the second biggest squad in London, with 530 competitors, while the British will have 542 athletes.

athletes, Tuck underestimated the U.K. medal total in 2000, 2004 and 2008. If that trend continues, the medal haul could be higher this year.

The study predicts the U.S. will get 103 medals, followed by China with 94 and Russia with 67. THE ASSOCIATED PRESS

MLB				
AMERICAN LEAGUE				
EAST DIVISION				
	W	L	Pct	GB
New York	54	34	.614	—
Baltimore	46	42	.523	8
Tampa Bay	46	43	.517	8½
Boston	45	44	.506	9
Toronto	45	44	.506	9½
CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	49	39	.557	—
Detroit	46	43	.517	3½
Cleveland	45	43	.511	4
Kansas City	38	49	.437	10½
Minnesota	36	52	.409	13
WEST DIVISION				
	W	L	Pct	GB
Texas	54	35	.607	—
Los Angeles	49	40	.551	5
Oakland	46	43	.517	8
Seattle	37	53	.411	17½

Monday's results
L.A. Angels at Detroit
Toronto at N.Y. Yankees
Chicago White Sox at Boston
Cleveland at Tampa Bay
Baltimore at Minnesota
Seattle at Kansas City
Sunday's results
L.A. Angels 10, N.Y. Yankees 8
Toronto 3, Cleveland 0
Detroit 4, Baltimore 0
Boston 7, Tampa Bay 3
Chicago White Sox 2, Kansas City 1
Oakland 9, Minnesota 4
Texas 4, Seattle 0
Tuesday's games
L.A. Angels (Richards 2-1) at Detroit
(Ja.Turner 0-0), 7:05 p.m.
Toronto (Cecil 2-1) at N.Y. Yankees (Sabathia 9-3), 7:05 p.m.
Chicago White Sox (Humber 3-4) at Boston
(Lester 5-6), 7:10 p.m.
Cleveland (Tomlin 5-5) at Tampa Bay
(M.Moore 5-6), 7:10 p.m.
Baltimore (Britton 0-0) at Minnesota (Deduno 0-0), 8:10 p.m.
Seattle (Beavan 3-6) at Kansas City (Teaford 1-3), 8:10 p.m.
Texas (Oswalt 2-1) at Oakland (B.Colon 6-7), 10:05 p.m.
Wednesday's Games
Toronto at N.Y. Yankees, 1:05 p.m.
Texas at Oakland, 3:35 p.m.
L.A. Angels at Detroit, 7:05 p.m.
Chicago White Sox at Boston, 7:10 p.m.
Cleveland at Tampa Bay, 7:10 p.m.
Baltimore at Minnesota, 8:10 p.m.
Seattle at Kansas City, 8:10 p.m.

SUNDAY				
BLUE JAYS 3, INDIANS 0				
Cleveland	ab	r	h	bi
Choirif	4	0	1	0
ACarers	4	0	1	0
Kipnis	3	0	0	0
Hafner	4	0	0	0
CSantn	3	0	1	0
Brantly	3	0	2	0
Kitchm	3	0	0	0
Duncan	3	0	0	0
Hammh	2	0	0	0
Jolopez	1	0	0	0
Totals	31	0	5	0
Totals	27	3	5	3

NATIONAL LEAGUE				
EAST DIVISION				
	W	L	Pct	GB
Washington	51	35	.593	—
Atlanta	49	39	.557	3
New York	46	43	.517	6½
Miami	42	46	.477	10
Philadelphia	39	51	.433	14
CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	50	38	.568	—
Pittsburgh	49	39	.557	1
St. Louis	46	43	.517	4½
Milwaukee	42	46	.477	8
Chicago	36	52	.409	14
Houston	33	56	.371	17½
WEST DIVISION				
	W	L	Pct	GB
San Francisco	49	40	.551	—
Los Angeles	48	42	.533	1½
Arizona	42	46	.477	6½
San Diego	36	54	.400	13½
Colorado	34	54	.386	14½

Monday's results
Arizona at Cincinnati
Washington at Miami
St. Louis at Milwaukee
Pittsburgh at Colorado
Houston at San Diego
Philadelphia at L.A. Dodgers
Sunday's games
Washington 4, Miami 0
Atlanta 6, N.Y. Mets 1
Milwaukee 4, Pittsburgh 1
Chicago Cubs 3, Arizona 1
Philadelphia 5, Colorado 1
San Francisco 3, Houston 2
San Diego 7, L.A. Dodgers 2
Cincinnati 4, St. Louis 2
Tuesday's games
N.Y. Mets (Niese 7-4) at Washington (De-
twiler 4-3), 7:05 p.m.
Arizona (Bauer 1-1) at Cincinnati (Cueto 10-
5), 7:10 p.m.
San Francisco (Zito 7-6) at Atlanta (Jurjens
3-2), 7:10 p.m.
Miami (A.Sanchez 4-6) at Chicago Cubs
(T.Wood 4-3), 8:05 p.m.
St. Louis (J.Kelly 1-1) at Milwaukee (Wolf 2-
6), 8:10 p.m.
Pittsburgh (Bedard 4-10) at Colorado
(Friedrich 5-6), 8:40 p.m.
Houston (Lyles 2-5) at San Diego (Ohlendorf
2-0), 10:05 p.m.
Philadelphia (Halladay 4-5) at L.A. Dodgers
(Undecided), 10:10 p.m.
Wednesday's games
St. Louis at Milwaukee, 2:10 p.m.
Philadelphia at L.A. Dodgers, 3:10 p.m.
Pittsburgh at Colorado, 3:10 p.m.
Houston at San Diego, 3:35 p.m.
N.Y. Mets at Washington, 7:05 p.m.
Arizona at Cincinnati, 7:10 p.m.
San Francisco at Atlanta, 7:10 p.m.
Miami at Chicago Cubs, 8:05 p.m.
Cleveland 000 000 000 0
Toronto 003 000 00x 3
E—C.Santana (6). DP—Cleveland 1, Toronto 1.
LOB—Cleveland 9, Toronto 4. 2B—Brantley (7)
(27), Bautista (14), B.Francisco (5). SB—
Bautista (5), K.Johnson (10). CS—R.Davis (5).
IP H R ER BB SO
Cleveland
D.Lowe L,8-7 6 3 3 3 4 5
J.Smith 2 2 0 0 0 2
Toronto
Villanueva W,4-0 6 3 0 0 0 5 8
Frasor H,13 1 1 0 0 0 1
Oliver S,1-2 2 1 0 0 0 0
WP—Villanueva.
T—2:42. A—26,407 (49,260).

SOCCER				
MLS				
EASTERN CONFERENCE				
	GP	W	L	T GF GA Pt
Kansas City	19	11	5	3 25 17 36
D.C. United	19	10	6	3 34 26 33
New York	19	9	5	5 34 29 32
Chicago	19	9	6	4 22 21 31
Houston	19	7	5	7 26 24 28
Columbus	17	6	7	4 17 19 22
New England	18	6	8	4 24 23 22
Montreal	21	6	12	3 28 38 21
Philadelphia	17	6	9	2 20 19 20
Toronto	19	4	11	4 22 35 16

WESTERN CONFERENCE				
	GP	W	L	T GF GA Pt
San Jose	20	12	4	4 41 24 40
Real Salt Lake	21	11	7	3 31 26 36
Seattle	20	8	5	7 25 21 31
Vancouver	20	8	6	6 21 23 30
Los Angeles	20	8	10	2 33 32 26
Colorado	19	7	11	1 26 26 22
Chivas USA	17	5	7	5 11 18 20
Portland	18	5	9	4 19 29 19
Dallas	20	4	9	7 19 28 19

Note: Three points for a win, one for a tie.
Sunday's results
Seattle 2 New York 2
Houston 4 D.C. United 0
Wednesday's games
Chicago at New York, 1 p.m.
Portland at Chivas USA, 4 p.m.
Colorado at Toronto, 7 p.m.
New England at Montreal, 8 p.m.
Kansas City at Houston, 8:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Dallas at San Jose, 11 p.m.

NASL				
Sunday's result				
Tampa Bay	1	Edmonton	0	
Wednesday's game				
Fort Lauderdale	at	Minnesota	8:30 p.m.	

CFL				
EAST DIVISION				
	GP	W	L	T PF PA Pt
Montreal	3	2	1	0 84 100 4
Hamilton	3	1	2	0 88 109 2
Toronto	3	1	2	0 81 91 2
Winnipeg	3	0	3	0 56 116 0
WEST DIVISION				
	GP	W	L	T PF PA Pt
Saskatchewan	3	3	0	0 83 37 6
B.C.	3	2	1	0 92 75 4
Edmonton	3	2	1	0 62 42 4
Calgary	3	1	2	0 106 82 2

WEEK THREE
Saturday results
Hamilton 36 Toronto 27
Saskatchewan 23 B.C. 20
Friday's result
Edmonton 42 Winnipeg 10
Thursday's result
Montreal 33 Calgary 32
WEEK FOUR
Wednesday, July 18
Winnipeg at Toronto, 7:30 p.m.
Thursday, July 19
Saskatchewan at Calgary, 9 p.m.
Friday, July 20
Edmonton at B.C., 10 p.m.
Saturday, July 21
Montreal at Hamilton, 7 p.m.

CYCLING

TOUR DE FRANCE

At Pau, France

Results Monday from the Stage 15 of the Tour de France; a 158.585-kilometre mostly flat ride from Samatan to Pau, with only three small hills to climb (following Tuesday's rest day, competition resumes on Wednesday with a 197-kilometre stage through the high mountains from Pau to Bagneres-de-Luchon):

1. Pierrick Fedrigo, France, FDJ-Big Mat, three hours, 40 minutes, 15 seconds;
2. Christian Vande Velde, U.S., Garmin-Sharp-Barracuda, same time;
3. Thomas Voeckler, France, Team Europcar, 12 seconds behind;
4. Nicki Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, s.t.;
5. Dries Devenyns, Belgium, Omega Pharma-QuickStep, 0:21;
6. Samuel Dumoulin, France, Cofidis, 1:08;
7. Andre Greipel, Germany, Lotto Belisol, 1:15:50;
8. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, s.t.;
9. Peter Sagan, Slovakia, Liquigas-Cannondale, s.t.;
10. Kris Boeckmans, Belgium, Vacansoleil-DCM, s.t.;
11. Borut Bozic, Slovenia, Astana, s.t.;
12. Sebastien Hinault, France, AG2R La Mondiale, s.t.;
13. Koen de Kort, Netherlands, Argos-Shimano, s.t.;
14. Jonathan Cantwell, Australia, Team Saxo Bank-Tinkoff Bank, s.t.;
15. Jimmy Engoulvent, France, Saur-Sojasun, s.t.;
16. Roy Curvers, Netherlands, Argos-Shimano, s.t.;
17. Jurgen Roelands, Belgium, Lotto Belisol, s.t.;
18. Matthieu Ladagnous, France, FDJ-Big Mat, s.t.;
19. Michael Schar, Switzerland, BMC Racing, s.t.;
20. Janez Brajkovic, Slovenia, Astana, s.t.

Also
21. Cadedevans, Australia, BMC Racing, same time; 22. Bradley Wiggins, Britain, Sky Procycling, s.t.; 23. Chris Froome, Britain, Sky Procycling, s.t.; 24. Vincenzo Nibali, Italy, Liquigas-Cannondale, s.t.; 29. Jurgen Van den Broeck, Belgium, Lotto Belisol, s.t.; 30. Haimar Zubeldia, Spain, RadioShack-Nissan, s.t.; 37. Andreas Kloeeden, Germany, RadioShack-Nissan, s.t.; 42. Frank Schleck, Luxembourg, RadioShack-Nissan, s.t.; 44. Pierre Rolland, France, Team Europcar, s.t.; 46. George Hincapié, United States, BMC Racing, s.t.; 49. Thibaut Pinot, France, FDJ-Big Mat, s.t.

Overall Standings (after 15 of 20 stages)
1. Bradley Wiggins, Britain, Sky Procycling, 68 hours, 33 minutes, 21 seconds; 2. Chris Froome, Britain, Sky Procycling, 2:05 behind; 3. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 4. Cadel Evans, Australia, BMC Racing, 2:19; 5. Jurgen Van den Broeck, Belgium, Lotto Belisol, 4:48; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 6:15; 7. Tejay Van Garderen, U.S., BMC Racing, 6:57; 8. Janez Brajkovic, Slovenia, Astana, 7:30; 9. Pierre Rolland, France, Team Europcar, 8:31; 10. Thibaut Pinot, France, FDJ-Big Mat, 8:51.
11. Andreas Kloeeden, Germany, RadioShack-Nissan, 9:29; 12. Frank Schleck, Luxembourg, RadioShack-Nissan, 9:45; 13. Nicolas Roche, Ireland, France, AG2R La Mondiale, 10:49; 14. Jerome Coppel, France, Saur-Sojasun, 11:27; 15. Christopher Horner, U.S., RadioShack-Nissan, 12:41; 16. Denis Menchov, Russia, Katusha, 17:21; 17. Maxime Monfort, Belgium, RadioShack-Nissan, 17:41; 18. Egoi Martinez, Spain, Euskaltel-Euskadi, 18:04; 19. Rui Costa, Portugal, Movistar, 19:02; 20. Chris Anker Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, 20:12.
Also
45. Christian Vande Velde, U.S., Garmin-Sharp-Barracuda, 1:09:16; 103. David Zabriskie, U.S., Garmin-Sharp-Barracuda, 1:53:43; 156. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, 2:47:29.

GOLF				
WORLD RANKING THROUGH JULY 15				
1. Luke Donald	Eng	9.55		
2. Rory McIlroy	Nlr	8.53		
3. Lee Westwood	Eng	7.97		
4. Tiger Woods	USA	7.65		
5. Webb Simpson	USA	6.54		
6. Bubba Watson	USA	6.22		
7. Jason Dufner	USA	5.83		
8. Matt Kuchar	USA	5.63		
9. Justin Rose	Eng	5.54		
10. Hunter Mahan	USA	5.21		
11. Zach Johnson	USA	5.15		
12. Graeme McDowell	Nlr	5.05		
13. Adam Scott	Aus	4.96		
14. Steve Stricker	USA	4.86		
15. Martin Kaymer	Ger	4.62		
16. Phil Mickelson	USA	4.60		
17. Dustin Johnson	USA	4.57		
18. Louis Oosthuizen	SAF	4.36		
19. Charl Schwartzel	SAF	4.36		
20. Rickie Fowler	USA	4.36		
21. Jason Day	Aus	4.30		
22. Francesco Molinari	Ita	4.17		
23. Sergio Garcia	Esp	4.03		
24. Keegan Bradley	USA	3.76		
25. Bo Van Pelt	USA	3.75		
26. Bill Haas	USA	3.74		
27. Peter Hanson	Swe	3.64		
28. Ian Poulter	Eng	3.60		
29. Brandt Snedeker	USA	3.59		
30. Nick Watney	USA	3.50		
31. Paul Lawrie	Sco	3.49		
32. Jim Furyk	USA	3.31		
33. David Toms	USA	3.24		
34. K.J. Choi	Kor	3.27		
35. John Senden	Aus	3.23		
36. Nicolas Colsaerts	Bel	3.19		
37. Martin Laird	Sco	3.10		
38. Thomas Bjorn	Den	3.03		
39. Carl Pettersson	Swe	2.98		
40. Ernie Els	SAF	2.94		
41. Fredrik Jacobson	Swe	2.88		
42. Bae Sang-moon	Kor	2.76		
43. Mark Wilson	USA	2.74		
44. Alvaro Quiros	Esp	2.73		
45. Gonzalo Fernandez-Castano	Esp	2.72		
46. Rafael Cabrera Bello	Esp	2.70		
47. Jonathan Byrd	USA	2.65		
48. Simon Dyson	Eng	2.64		
49. Kevin Na	USA	2.63		
50. Aaron Baddeley	Aus	2.57		
51. Branden Grace	SAF	2.53		
52. Anders Hansen	Den	2.51		
53. Ben Crane	USA	2.48		
54. Robert Karlsson	Swe	2.47		
55. Geoff Ogilvy	Aus	2.46		
56. Michael Thompson	USA	2.38		
57. Kyle Stanley	USA	2.37		
58. Marcel Siem	Ger	2.30		
59. Padraig Harrington	Ir	2.20		
60. Robert Rock	Eng	2.20		
61. Jamie Donaldson	W	2.16		
62. Ryo Ishikawa	Jpn	2.14		
63. Greg Chalmers	Aus	2.13		
64. Matteo Manassero	Ita	2.13		
65. Retief Goosen	SAF	2.11		
66. Rory Sabbatini	SAF	2.11		
67. Robert Garrigus	USA	2.10		
68. John Huh	USA	2.10		
69. Alexander Noren	Swe	2.10		
70. K.T. Kim	Kor	2.09		
71. Hiroyuki Fujita	Jpn	2.08		
72. Johnson Wagner	USA	2.08		
73. Spencer Levin	USA	2.06		
74. George Coetzee	SAF	2.03		
75. Ryan Moore	USA	2.01		

TENNIS

WTA MERCURY INSURANCE OPEN

At Carlsbad, Calif.

Singles

Alexa Glatch, United States, def. Lauren Davis, United States, 6-3, 6-2.

Misaki Doi, Japan, def. Michelle Larcher de Brito, Portugal, 6-7 (6), 6-1, 6-3.

Varvara Lepchenko, United States, def. Nicole Gibbs, United States, 6-3, 6-1.

ATP WORLD TOUR BET-AT-HOME

At Hamburg, Germany

Singles

First Round

Federico Delbonis, Argentina, def. Tommy Robredo, Spain, 5-7, 6-0, 6-1.

Gilles Simon (2), France, def. Carlos Berlocq, Argentina, 4-6, 7-6 (5), 6-1.

Daniel Munoz-de la Nava, Spain, def. Ruben Ramirez Hidalgo, Spain, 1-6, 6-4, 6-3.

Robin Haase, Netherlands, def. Matthias Bachinger, Germany, 6-4, 6-2.

Nikolay Davydenko, Russia, def. Jarkko Nieminen, Finland, 5-7, 6-4, 6-0.

SWISS OPEN

At Gstaad, Switzerland

Singles

Benoit Paire, France, def. Bernard Tomic (8), Australia, 6-0, 6-4.

Paul-Henri Mathieu, France, def. Igor Andreev, Russia, 6-3, 7-6 (4).

Martin Fischer, Austria, def. Sandro Ehrat, Switzerland, 6-2, 6-4.

Jan Hernych, Czech Republic, def. Matteo Viola, Italy, 6-3, 2-6, 6-3.

WTA SONY SWEDISH OPEN

At Bastad, Sweden

Singles

First Round

Mona Barthel, Germany, def. Kiki Bertens, Martin Fischer, 6-3, 6-2.

Lesia Tsurenko, Ukraine, def. Carla Suarez Navarro (8), Spain, 7-5, 6-0.

Doubles

Sandra Klomenschits, Austria, and Tatjana Malek, Germany, def. Anastasia Grymalska, Poland, and Adriana Perez, Venezuela, 6-4, 6-0.

Sofia Arvidsson and Johanna Larsson, Sweden, def. Ines Ferrer Suarez, Spain, and Rachel Hogenkamp, Netherlands, 3-6, 6-3, 10-4 tiebreak.

Olga Govortsova, Belarus, and Klaudia Jansangnacic (2), Poland, def. Beatrice Cedermark and Rebecca Peterson, Sweden, 6-4, 6-2.

Eva Hrdinova, Czech Republic, and Mervana Ugic-Salkic, Bosnia-Herzegovina, def. Hilda Melander and Sandra Roma, Sweden, 7-6 (5), 6-1.

Julia Goerges, Germany, and Anastasia Pavlyuchenkova (1), Russia, def. Maria Konratieva, Russia, and Sophie Lefevre, France, 6-1, 7-6 (5).

Canadian tennis serving notice

On the rise. With junior Wimbledon titles in tow, Bouchard and Peliwo represent bright future for tennis in Canada

These are heady days for Canada's tennis program when two 18-year-olds can turn up at a news conference and place three Wimbledon trophies on the table.

That's what Eugenie Bouchard of Montreal and Filip Peliwo of Vancouver did Monday as

they were officially welcomed back from their triumphs in junior competition at the All England Club last week.

Bouchard took the junior girls titles in singles and doubles, while Peliwo won the junior boys competition at the grand-slam event. Both were firsts for Canada, which is suddenly awakening from a long run of tennis mediocrity in singles play.

"Canada has become a country with ambitions," said Louis Borfiga, who runs the national tennis centre that produced Canada's emerging crop of young talent. "Now we have to keep working hard to try to



Canadian tennis players Filip Peliwo and Eugenie Bouchard with their Wimbledon trophies on Monday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

become a great tennis country." The triumphs at the junior level followed the rise of

21-year-old Milos Raonic of Thornhill, Ont., into the world's top 30, the highest a Canadian

has reached since rankings were inaugurated in 1973. Vancouver's Rebecca Marino, 21, who is currently on leave from the sport, and 24-year-old Aleksandra Wozniak of Montreal have also made strides in the women's game.

Peliwo reached the final at two grand slams earlier this year, the Australian and French Opens, and is now the world's top-ranked junior.

"I knew that if I played my best tennis on a consistent basis it was possible, but I didn't think I'd have a record like this and be No. 1 after Wimbledon," said Peliwo.

THE CANADIAN PRESS

Tennis

Federer reigns with most weeks as top ATP player

Roger Federer surpassed Pete Sampras on Monday to set the record for the most weeks at No. 1 in the ATP rankings.

After winning Wimbledon a week ago, Federer returned to the top for the first time since June 2010. Monday marked his 287th week at No. 1, one more than Sampras. Federer first became No. 1 in 2004 and spent 237 consecutive weeks at No. 1 from February 2004 to August 2008.

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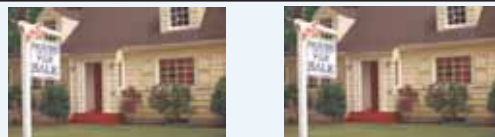
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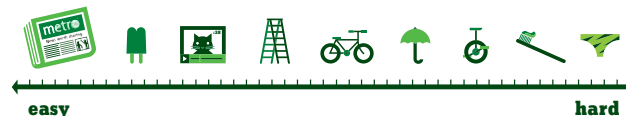
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Horoscopes

♈ Aries

March 21 - April 20

Mars in your opposite sign of Libra will make partners and work colleagues more assertive today but that's OK as you know both how to give it and take it. Stand up to them if you want their respect.

♉ Taurus

April 21 - May 21

Don't waste time on trivial matters. You have plenty of energy at your disposal but that does not mean you should waste it. The more you focus on essentials today, the more you will benefit — financially and emotionally.

♊ Gemini

May 22 - June 20

Try not to worry about recent disappointment. Even if they set you back in your plans, you will more than make up for them over the next four or five weeks. Your motto must be: Know what you want and believe you can get it.

♋ Cancer

June 21 - July 22

What seems wrong with your world at the moment is no big deal. Remind yourself occasionally that most of the things you get uptight about are of no real significance. Look at your life from a higher perspective.

♌ Leo

July 23 - Aug. 22

Invitations of one kind or another will come thick and fast over the next few days. If you don't seem to have time to enjoy yourself, it can only be because you are working too hard. Cut back on your commitments.

♍ Virgo

Aug. 23 - Sept. 22

The most important thing now is that you keep the momentum you have built up going. Follow through on what you have started and don't allow yourself to be distracted by petty people and meaningless events.

♎ Libra

Sept. 23 - Oct. 22

Mars in your sign, allied to Jupiter today, gives you the self-belief you need not only to start new projects but to follow through on them in the face of opposition from rivals and doubters. You can make them work.

♏ Scorpio

Oct. 23 - Nov. 21

There seems to be a lot of noisy people in your neighbourhood at the moment. But are they really more loud and annoying than usual or are you in one of your sensitive moods? Probably the latter, so stay calm.

♐ Sagittarius

Nov. 22 - Dec. 21

Mars in the friendship area of your chart makes this the ideal time to get involved in causes and movements that are close to your heart. Do more than just sign your name to the latest petition then forget about it.

♑ Capricorn

Oct. 23 - Nov. 21

Cosmic activity in the career area of your chart will give you a much-needed boost. Be assertive, be ambitious and be determined to succeed, even if you have failed a dozen times before. You'll get it right this time.

♒ Aquarius

Jan. 21 - Feb. 18

You will stop at nothing to get the thrills and excitement you crave, even if you have to travel far away from home to get them. Today's Mars-Jupiter link makes you adventurous in the extreme. Watch out world.

♓ Pisces

Feb. 19 - March 20

The more other people promise you today, the more likely it is they will let you down or, worse, try to use you for their own ends. Do nothing unless you know for certain it won't cost you any money.

SALLY BROMPTON

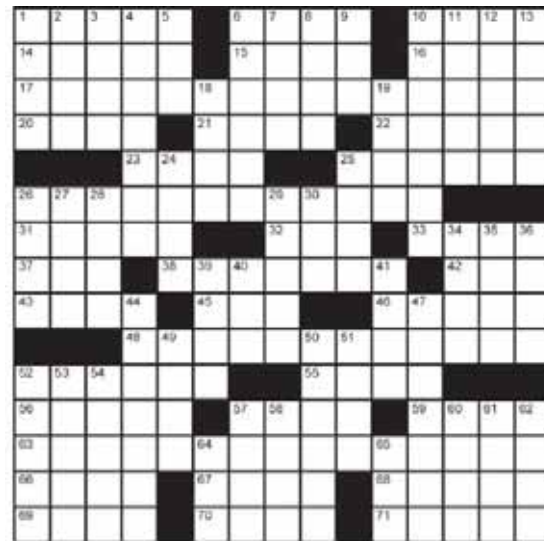
Crossword: The Canadian Experience

Across

1. See 52-Across
6. See 37-Across
10. Nanaimo ____: distinctive Can. treat
14. Throw for ____: surprise
15. Toss ____: roll one
16. Early Roman emperor who served only 3 months
17. Get high on Canada from here
20. *Clan of the Cave Bear* author Jean
21. Odo reset setting
22. Find ____ for: pair with
23. Big name in corn syrup
25. Forewarns
26. While Canada is stereotypically known for cold winter, this is a better representative
31. Nativity
32. Beluga output
33. Canada's largest telecommunications company
37. With 6-Across, popular Canadian sweet dessert spirit
38. Homo follower
42. Center or cycle prefix
43. Nintendo rival
45. CNR's passenger subsidiary that became a separate Crown corporation in 1978
46. Surpluses
48. Popular dish known in PQ as Pâté Chinois
52. With 1-Across, sugary pastry confection
55. Biblical Rachel's sister
56. Avant-garde novelist Nin

Down

57. Bland
59. Beginning with
63. World's largest outdoor show
66. Edmonton Symph., e.g.
67. ____noire: frightful thing
68. Louis Riel's people
69. GPS part
70. "Rats!"
71. Court order



30. A Stoooge
34. See 29-Down
35. All Fools' Day: abbr.
36. Like an owl, proverbially
39. State
40. Archie Bunker's "name" for Edith
41. Canadians call it pop
44. ____ a drum: comparably tense
47. Like flights of Canada geese

49. "____ Rebel": #1 tune of 1962
50. Exuberant
51. C&W's McEntire
52. Flavored soy bits introduced in 1966 by General Mills
53. Acting on a single number, mathematically
54. After-shower powders
57. One changing colors
58. Alphabetic quartet
60. Org. probing for outer-space life
61. Like Keats' poetry
62. Big celebration
64. BMO competitor
65. Fr. lady

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	8	6	1	2	7	3	5
6	7	1	4	3	5	9	2	8
3	2	5	9	7	8	4	6	1
9	3	2	8	6	1	5	4	7
5	1	7	2	4	3	8	9	6
8	6	4	5	9	7	2	1	3
2	5	3	1	8	4	6	7	9
7	8	6	3	2	9	1	5	4
1	4	9	7	5	6	3	8	2

		5				9		
		2	1		5	8		
6				8				2
	1	4	6		8	7	3	
	3	9	7		2	6	8	
7				1				9
		1	4		7	5		
		6				4		

Today

34°/18°
 Thundershowers
70%

Wednesday

26°/14°
 Sunny

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Yesterday's Crossword



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- **MetroTube.** We scour the Internet to bring you the best videos out there, at metronews.ca.

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18k	\$28.87/g
14k and dental	\$22.44/g
10k	\$16.02/g
9k	\$14.44/g
8k/antique gold	9.62/g

Gold Bar Buying Prices

Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$1,488.56
Gold 10 ounce (Recognized)	\$14,804.66
Gold 1kg (Recognized)	\$47,597.00
Gold bars, less than 1 ounce (Recognized)	\$47.60/g
999 Gold bar (Unrecognized)	\$46.30/g

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$26.64/coin
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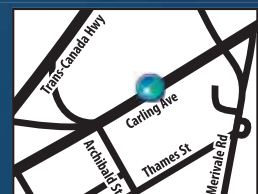
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